

# EMH Breastfeeding Support Group Holiday Edition Dec. 07 – Jan 08



The Young Family: Abigail, Rachel,  
& Nathan  
Christmas 2007

Aaron Eugene Naugle  
Thanksgiving 2007



Alexandria Bialko  
Yummy Thanksgiving  
Pumpkin



Gus Hoops  
Baby's First Christmas

## Support Group Happenings

Hello again! I hope everyone had a great Thanksgiving and is looking forward to the New Year. To celebrate the holidays, we will be having a Party in the EMH conference area (probably the Allen room) Sunday, December, 16<sup>th</sup> at 3:00 pm. Contact Jan or Tina for more information.

I would like to thank everyone that submitted information and pictures for this issue and would like to remind everyone that this is a group resource and everyone is welcome to submit articles, pictures, or information for the newsletter. If you are interested, please email me at [kristyengle@hotmail.com](mailto:kristyengle@hotmail.com). I hope everyone has a safe and nice holiday season.

~Kristy Bialko

## Name the Newsletter

Are you creative? Can you create a fun, catchy name for our Support Group Newsletter? Please submit any ideas to [kristvenale@hotmail.com](mailto:kristvenale@hotmail.com) by January 20<sup>th</sup>.

### *Birthdays*

December

18<sup>th</sup>: Stephanie Wiersum

23<sup>rd</sup>: Tina Schulin

January

21<sup>st</sup>: Rachel and Abigail

- 1 year!!!

### *Milestones*

Rachel and Abigail Young (10 months) are now Crawling!

Kaity Swetz (4 months), Bryce Bevan (5 months), and Alexandria Bialko (5 months) are all rolling over!

## Breastfeeding In The News

### Woman Threatened with Lawsuit for Lactivist Website Slogan

The Pork Board threatened to sue a stay at home mother with a website that promotes breastfeeding for selling a shirt with the slogan "The Other White Milk." The Pork Board claimed that shirt was a trademark infringement. The mother that runs the website said she did not have a problem that the Pork Board felt the shirt was a trademark infringement but she did not like the aggressive tone and immediate letter from the pork board's attorneys. She was upset that the Pork Board did not write her a civil letter asking politely to remove the shirt which she would have been happy to do. However, since I first read this story, the issue has been resolved. While corporate America is often unwilling to admit wrong doing, the pork board apologized to the lactivist mother and started its own fundraising for Mother's milk bank of Ohio. With funds raised from the pork Board, along with \$1000 dollars raised from the Lactivist website, Mother's Milk Bank of Ohio will be purchasing new refrigeration units. Remember good things can arise from bad situations. For more information visit the Lactivist website at <http://thelactivist.blogspot.com/2007/02/overzealous-big-pork-stomps-on.html#>

### Breastfeeding Can Raise IQ

A recent study from King's College in London shows that breastfed babies with the C version of the FADS2 gene scored higher on intelligence tests than breastfed babies with the G version of the gene or bottle fed babies. The breastfed babies with the C version of the gene scored 7 IQ points higher. Researchers of the study suggest that this could be enough difference to place a child in the top 1/3<sup>rd</sup> of their class. The effect of adding DHA and AA fatty acids to infant formula has not yet been researched. However, unlike artificial baby milk, breastfeeding not only provides IQ benefits but also protection against illnesses and infections. <http://irishhealth.com/index.html?level=4&id=12485>

### Air Travel and Breast Milk: Know Your Rights

If you are planning to travel by plane this holiday season you will be glad to know that breast milk was recently given the thumbs-up by the Transportation Security Administration (TSA). On August 4, 2007 TSA modified guidelines associated with carrying breast milk through airport security checkpoints. Mothers flying with and without their child are now permitted to bring breast milk in any quantity and in no special container, so long as it is declared for inspection at the security checkpoint.

Since November 2006, more than 5,700 people have signed a petition asking that breast milk be reclassified by the TSA as a "life-sustaining fluid." Currently, breast milk is in the same category as liquid medications. Under this classification, breast milk must be presented at checkpoint for visual inspection and may be X-rayed. In addition to breast milk, feel free to bring canned, jarred or processed baby food, juice, or gel or liquid-teethers aboard the plane. To avoid any misunderstandings, print out the new policy on liquid medication and bring it with you while traveling. Visit, [www.tsa.gov](http://www.tsa.gov) and search *traveling with children*. Happy and safe travels to you and yours!

By: Katie Bevan

## Holiday Gift Guide for Mamas

Motherhood truly is the greatest and most rewarding job you will ever have (and don't let anyone tell you otherwise). So, whether this is your first or fifth child, **all** moms deserve to be remembered by receiving a special gift. Below are some gift ideas for all the hot mamas!

### **No exchange necessary: Gift Cards**

Everyone likes to look and feel their best, and that is no different for moms. Give mom a gift card to her favorite clothing shop, bookstore, or hair salon. That allows her to purchase exactly what she likes, without the hassle of exchanging or returning a gift.

### **Leak protection: Nursing Pads**

A breastfeeding mother will most likely need nursing pads, especially in the beginning. Save moms the embarrassment of wet tops with a gift of nursing pads. While convenient, skip the disposables and opt for cloth. Reusable cloth pads are economical and earth friendly!

### **Nursing moms' breast friend: Nursing Pillow**

Feeding an infant can take a fair amount of time, especially at the beginning. Help mom and baby nurse comfortably and in the proper positioning with a nursing pillow. The most popular pillow on the market is the Boppy, available in a variety of prints and colors. Visit, [www.boppy.com](http://www.boppy.com) for the latest product information.

### **Take five: Magazine Subscription**

Hopefully a subscription to a mothering magazine will encourage mom to relax on the couch and enjoy a few minutes to herself at the end of a long day. *Mothering* magazine is a great publication that fully supports breastfeeding and a natural family lifestyle. For more details, check out their Web site [www.mothering.com](http://www.mothering.com).

By: Katie Bevan

## Holiday Online Coupon Codes

### **Kohls:**

Use the coupon cod HOLIDAY15 to save 15% off your kohls.com purchase between Nov 14 - Dec15 (Can only be used once)

### **Target:**

10% off your order when you use coupon code TCTARGETWELC at checkout, expires 12/31.

### **Motherwear:**

Free shipping on orders over \$75+ offer may end without notice coupon code AC07 expires 12/31/07

Motherwear \$5 off any Fall 2007 catalog purchase! Coupon Code: 3CR7 expires 12/31/07

Motherwear \$10 off your purchase of \$50 or more! coupon code WN51 Exp 12/31/2007

\$10 off of \$75+ or \$15 off of \$100+ or \$20 off of \$125+ offer may end without notice coupon code NC07 expires 12/31/07

### **Limited Too**

10% off your entire order coupon code: 751 expires on January 08, 2008

### **Baby Universe**

\$20 off on your purchase of \$150 or more at BabyUniverse.com when you pay with your Visa® card. Enter promotional code VISASAVES at checkout expires 2/29

\$15 off \$75+ when paying with AMEX card coupon code WISHLIST expires 12/31/07

## Holiday Deals

Tons of Coupons: Grocery, Travel, Restaurants, Rebates

<http://www.wow-coupons.com/grocery.php>

For a coupon for a CVS \$25 gift card w/ new or transferred prescription and/or a coupon for a Free Arby's milkshake visit:

[http://afullcup.com/upload/cmeps\\_index.php?page=coupon\\_generator\\_misc](http://afullcup.com/upload/cmeps_index.php?page=coupon_generator_misc)

Bulid-A-Bear \$5 off a \$25 purchase (Expires 12/31)

<http://www.cityguideny.com/listingscoupons/BuildABear1207.jpg>

Free Perscription Drug Card

<http://www.dprxcad.com/default.aspx?affid=23457>

Kmart: Save \$3 Off Goodnights (Expires 12/31)

[http://www.wow-coupons.com/files/coupon\\_kmart\\_goodnight07.pdf](http://www.wow-coupons.com/files/coupon_kmart_goodnight07.pdf)

Kmart: Save \$5 off \$20 Mattel or Fisher Price (Expires 12/31)

<http://www.mattel.com/kmart/>

Picture People Free 8x10 or 10x13 (Expires 12/29)

[http://www.picturepeople.com/promotion/holiday\\_2007/now\\_showing\\_landing.html](http://www.picturepeople.com/promotion/holiday_2007/now_showing_landing.html)

15% Off One Item at Banana Republic when you use your Visa Card (Expires 12/24)

[http://www.lifetakesvisa.com/pdf/BR\\_Offer.pdf](http://www.lifetakesvisa.com/pdf/BR_Offer.pdf)

BJ's Free One Day Trial: [http://www.bjs.com/join/one\\_day\\_pass.shtml](http://www.bjs.com/join/one_day_pass.shtml)

BJ's Various Coupons: groceries, telephones, Wolfgang puck Cookware

[http://www.wow-coupons.com/see\\_coupon.php?Id Retail=52](http://www.wow-coupons.com/see_coupon.php?Id Retail=52)

\$5 Off Polly Pocket Toy (Expires 12/31)

[http://www.mattel.com/pollypromise/coupon\\_english.pdf](http://www.mattel.com/pollypromise/coupon_english.pdf)

Yankee Candle \$10 Off \$25 (Expires 12/22)

[http://www.yankeecandle.com/yc/html/retail/Email\\_HTML/registerForCouponsWebNEW.html](http://www.yankeecandle.com/yc/html/retail/Email_HTML/registerForCouponsWebNEW.html)

Walgreens 31 PAGES OF COUPONS!!! Diapers, Deodorant, Stocking Stuffers, etc.

<http://walgreens.hs.llnwd.net/e1/rebate/RebatePeriod101.pdf> (Expires 12/29)

20% Off Airport Parking when you pay with your Mastercard

<http://www.parknflynetwork.com/referrer/mc-consumer.htm>

Target Portrait Studios Coupons: \$3.99 Portrait sheets, \$7.99 Package, etc.

<http://www.targetportraits.com/savings/index.asp>

All kinds of coupons some for **FREE STUFF**:

<http://www.couponmom.com/index.php?PHPSESSID=64f108f5b5d4bc850c2d775906730a22&cid=6>



## Looking for Affordable Pictures with Santa?

Santa Land in Lorain offers free admission and \$5 Santa photos. Kids are invited to decorate cookies, watch Christmas movies, write letters to Santa, and of course see the big guy himself. Santa Land is located at Century Park Harbor House 1901 East Erie Ave., Lorain. Santa Land is open Monday - Friday 5:30-8:30 p.m. and Saturday - Sunday 4-8 p.m. between the dates of December 8th and December 23rd. Also, if it has not changed in recent years, you can even take photos on your own camera of the kids with Santa Claus.

<http://www.cityoflorain.org/announcements/?f=170>

## December/ January Events

12/8 YOUNG BIRDER'S CLUB HIKE 8-10:30 am Wellington Reservation Visitor Center. Club for 12-18 year olds. Co-sponsored by Black River Audubon Society. MODERATE hike.

12/8 Breakfast with Santa at Elyria or Avon Applebees 8-10am  
\$9 adults, \$6 children For tickets call Denise at 440.277.7337

12/8 **GINGERBREAD STYLE HOUSES** 10-Noon Wellington Reservation Visitor Center. Assemble and decorate a real graham cracker gingerbread style house to take home. A variety of candy trimmings will be available & refreshments will be served. Ages 6-13. Pre-register by 12/1 & PAY \$3 at the door.

12/8 **SNOW GLOBE CRAFT** 11 am-Noon Schoepfle Garden Visitor Center  
Kids create snow globes from household objects for the winter season.

12/8 **ANIMALS PREPARE FOR WINTER HIKE** 2-3 pm French Creek Reservation Nature Center. Take a hike to look for signs of animals and find out what they do to get ready for the cold weather. EASY hike.

12/9 Santa Sing-Along will be held on Sunday, December 9, 2007 at 1 p.m. and 4 p.m. Tickets are \$6 each (2 & up). For tickets call (440) 988-5613.

Workshop Players Theatre  
44820 Middle Ridge Road  
Amherst, OH

12/9 **MEET GINNY** 1-2 pm French Creek Reservation Nature Center. Stop by during this time to meet Ginny, our opossum. Find out what makes her so unique. This is a drop-in format.

12/9 **HOLIDAY CRAFTS** 2-4 pm Carlisle Reservation Visitor Center Visit us to make some crafts while enjoying holiday movie favorites. Open door format.

12/10 **HOLIDAY MOVIE** 6-8:30 pm Wellington Visitor Center

12/11: Mr. Jingeling, The Keeper of the Keys: Free Holiday Program. For more info call 440-244-1192, ext. 246 or 1-800-322-READ, ext. 246. Lorain Public Library System's Main Library, 351 6th Street, Lorain FREE HOLIDAY PROGRAM at 7 p.m.

12/12 **ROLLING BEESWAX CANDLES** 7-8 PM Vermilion River Reservation - Carriage Barn Pre-register by 12/10 and PAY \$13 at the door

12/12 **CHRISTMAS ORNAMENTS** 6-7:30 pm Wellington Visitor Center  
Make ornaments for your home Christmas tree.

12/13 **PRESCHOOL IN THE GARDEN: HOLIDAY HOMEMADE**

10-11 am Schoepfle Garden Visitor Center Preschoolers and parents make holiday ornaments from natural materials.

12/15 Breakfast with Santa in the Rose Garden at Lakeview Park. Tickets are \$12 and includes a full breakfast & a picture with Santa. There will also be face painting and balloon animals. Sponsored by the Nord Center For more information visit <http://www.loraincounty.com/calendar/?e=43144>

12/15 Breakfast with Santa & his Elf to benefit rescued horses. There will also be a bake sale. Litchfield.  
<http://www.freewebs.com/anotherchanceequinerescue/ourrescuedhorses.ht>

12/15 **TOYMAKING FOR KIDS** 10-11:30 am Vermilion River Reservation - Carriage Barn Bring the kids out to Mill Hollow for a fun holiday toy-making activity. All supplies included. Pre-register by 12/11 & PAY \$2 at the door. Please bring exact change.

12/15 **PINECONE ORNAMENTS** 11 am-Noon Schoepfle Garden Visitor Center  
Make ornaments from pinecones and other natural materials.

12/15 **HOLIDAY SCRAPBOOKING PAGE & TAG** 1 pm-4:30 pm French Creek Reservation - French Creek Nature Center Join Melanie Dougall, rep from Close to My Heart, as she shows you some different techniques on making a 12 x 12 holiday page for you to insert your holiday pictures and attach a tag. All supplies furnished. Then you will be able to stay and scrap. Pre-register by 12/10 & PAY \$10 at door.

12/16: Live Nativity We will be having a Live Nativity scene outdoors complete with live animals and shepherds from 5:30 pm- 8:00 pm. You can follow the journey through the parking lot and then join us for some wassail, hot chocolate, and cookies. You can also join us for some singing in the sanctuary at 6:00 pm and 7:30 pm.

This is a free event, but canned and non-perishable food donations will be accepted for Community Care.  
First Congregational United Church of Christ  
36363 Center Ridge Rd  
North Ridgeville, OH 44039

12/16 **BEVELED SNOWFLAKE** Noon-4 pm French Creek Reservation - French Creek Nature Center Join local glass artist, Cheryl Smitkowski as she instructs on making this large beveled stained glass snowflake with iridized glass. Not just for the holidays, it's so beautiful; you'll hang it all winter long! Pre-register by 12/12 & PAY \$40 at door.

12/16 **MOVIE** 1 pm French Creek Reservation Nature center

12/16 **KIDS' CRAFT PROJECT: LAST-MINUTE GIFT** 2-3:30 pm Carlisle Reservation Visitor Center Create and take home a holiday themed craft just in time for gift-giving season. Pre-register by 12/10; \$1 per child donation appreciated at the door.

12/16 **REINDEER MAGIC** 3-4 pm French Creek Nature Center We'll decorate some cookies for Santa then make a treat for you to sprinkle outside to entice the reindeers. Pre-register by 12/10 & PAY \$2 at door.

12/16 **OPEN MIKE** 7 - 9pm French Creek Nature Center Here's a chance to share a song, your voice, and your love of music with local musicians and a live audience. Enjoy the music, the fun and beauty of the Nature Center, and the café-like atmosphere. What a great way to wind down a get ready for another hectic work week.

12/17 **HOLIDAY MOVIE** 6-8:30 pm Wellington Visitor Center

12/18 **NATURE KIDS: PIONEER HOLIDAYS** 10-11 am Amherst Beaver Creek - Visitor Center Preschoolers ages 3-5 and an adult companion will learn how pioneers celebrated the holidays through various activities and crafts.

12/18 **VIRTUAL FIELD TRIP: THE GINGERBREAD BOY**

11 am-Noon French Creek Reservation - French Creek Nature Center

The classic story of The Gingerbread Boy is performed using shadow puppets. This interactive program is geared to ages PreK – 2nd grade. .

12/19 **PRESCHOOL CSI: PINE TREES** 10-11 am or 2-3 pm Carlisle Reservation - Carlisle Visitor Center Craft, snack and investigation to learn about pine trees. For 3-5 year olds and their parents.

12/19 **PRESCHOOL SPECIAL: WILDLIFE HOLIDAY** 10-11 am Columbia Reservation - Briarwood Lodge Parents and kids learn what critters are doing this time of year then take a short hike and make a craft. EASY hike.

12/21, 12/22 & 12/23 Uh-oh. Here Comes Christmas Join us on December 21 and 22 at 7:30 pm or for the matinee on December 23 at 3 pm for "UH-OH. HERE COMES CHRISTMAS!" at French Creek Nature Center Fifteen holiday stories from the international best-selling author of All I Really Need to Know I Learned in Kindergarten have been crafted into an engaging evening of storytelling and song. This charming show takes a funny, heartwarming and often poignant look at the struggle to find the spirit of the holidays amid the avalanche of commercialism, stress and chaos that crashes down every December. The stories range from a comedy about the long-lasting poinsettia, a touching reminder about the true meaning of the season, and a tribute to the winter solstice. Uh-Oh, Here Comes Christmas is a refreshing alternative to A Christmas Carol and The Nutcracker. Tickets are \$10 per person and are available online at [www.TNCArts.org](http://www.TNCArts.org) or by calling (440) 949-5200.

12/22 Sing-a-longs and Guitaraoke. 6-8pm at Carlisle Cafe, 1509 Grafton Rd. Elyria, OH

Bryce Bevan

Baby's First Christmas

12/22 **HOLIDAY MOVIE** 2 pm French Creek Nature Center

12/23 **3D IMAX HOLIDAY MOVIE** 2 PM French Creek Nature Center Free 3D IMAX Holiday presentation

12/26 **HOLIDAY MOVIE** 2 pm French Creek Nature Center Free holiday presentation.

12/27

**NEW YEARS EVE BASH**

10:30 am-Noon French Creek Reservation - French Creek Nature Center

Celebrate New Year's at the stroke of Noon. Pre-register by 12/20 & PAY \$1 at door.

12/27 Rockets' Red Glare

Free Family Fun at NASA Glenn Visitor Center on December 27, 9 a.m. to 4 p.m. Celebrate the holidays with us as we discuss the history and the power of rockets. Learn more about NASA Glenn's pivotal role in the development of NASA's Centaur upper stage rocket and how it opened up the solar system to exploration. Programs include "Dream Machines: A History of Rocketry" at 11 a.m. and "NASA's Workhorse: The Centaur Upper Stage Rocket" at 1 p.m. Kids' crafts, "Picture Yourself in Space photo-booth and handouts! Call 216.433.9653 to register or see <http://glennevents.grc.nasa.gov> for more details.

**12/27 MOVIE** 12:30 pm French Creek Nature Center Free holiday presentation.

12/27 **SKINS AND SKULLS** 1-2:30 pm Columbia Reservation - Briarwood Lodge

Keep inside and stay warm while we get hands on and learn about the creatures of Lorain County.



12/27 **WINTER SCAVENGER HUNT** 2-3 pm Schoepfle Garden Search the garden for clues to your hunt and win a prize!

12/28 **HOLIDAY MOVIE** 1-3:00 pm Wellington Reservation Visitor Center

12/29 **WINTER SCAVENGER HUNT** 2-3 pm Schoepfle Garden

12/31 New Years Eve Dinner Dance. Celebrate the New Year by joining us for dinner and dancing. December 31, from 7:00-12:30 A.M. Cost \$35/person Dancetime Studio: 769 Sugar Lane, Elyria For More information please contact Barbara Gerhart at 440-823-2745

1/15 2nd annual 2008 NorthCoast Building Industry Association's Home Expo to be held from 11-7 pm on Tuesday, January 15, 2008 at LCCC Spitzer Conference center. Seminars on Staging your home for sale, Green building & home finance will be held. Come see what's available in construction & remodeling!

1/17 LCCAA Housing Program Offers Free Credit Clinic. Obtain a free credit report. For more information visit <http://www.loraincounty.com/calendar/?e=43174>

1/19 Night at the Races. Food and beverages included in the ticket price of \$15. Doors open at 6pm, event is scheduled from 7pm-midnight. St. Peter School  
3601 Oberlin Avenue  
Lorain, OH 44052

1/19 Winetasting & Silent Auction. This event is held at 200 St. Joseph's Drive, Amherst. Wonderful variety of wines and beers. Many exclusive items in the Silent Auction. Tickets go on sale December 1, 2007 at the Amherst Party Shop. 988-4132. Given by Amherst Rotary Club.

1/26 Scrapbooking Retreat Rent a table for a day to work on your scrapbook or photo album. Cost is \$20 per person and includes workspace, lunch, snacks, beverages and door prizes. All proceeds will benefit the Amherst Preschool Club. The event will take place from 10 am to 9 pm. St. Vincent De Paul Hall  
41295 North Ridge Road  
Elyria, OH

### Organic Dairy protect against asthma, eczema?

Organic milk, cheese and yoghurt may protect children from asthma and eczema in their first two years. Research has shown that children that consume organic dairy are 1/3 less likely to suffer from allergies before their second birthday. Researchers are unclear on why the children have less percentage of allergies but they believe it may be due to higher fatty acid concentrations in organic dairy. Additionally, the breast milk of mothers that consume organic dairy contains higher fatty acid levels. For more information visit <http://www.ebiologynews.com/3782.html>



# Happy Holidays

